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JOURNALISM TRAVEL SCHOLARSHIP AWARD WINNER 2022
MEDICAL ELECTIVE NEPAL



In the final year of medical school at Cardiff university you get the opportunity to do an elective for 8 weeks volunteering in a hospital abroad. I volunteered at Patan hospital, Kathmandu, Nepal. The hospital was situated in the south-eastern region of the city. It is a busy public hospital with a huge range of wards and specialities. I was working for the charity Doctors for Nepal which aims to fund the training of medical students from rural areas. After medical school these new doctors return to rural areas providing vital medical care. I spent my time there split between the emergency department and the orthopedics department and will discuss each in turn.



Emergency department: My initial experience of the emergency department involved getting to know the team, integrating myself within it and learning how things were run. The team consisted of many junior doctors who triaged and clerked the patients. Then each day there was 2 ward rounds: one in the morning and evening which was consultant led. I mainly worked with the junior doctors triaging and clerking patients. I saw a wide variety of patients ranging from those with burn and lacerations to more common ailments seen in the UK like COPD, heart attacks and diabetes. I practiced several skills including suturing of lacerations, catheters and treating burns. The equipment and resources available were much scarcer than the UK.

Another surprise was the regular power cuts that had a huge impact on patient care especially in emergency situations. This gave me a greater appreciation of the medical resources we have in the UK. I thoroughly enjoyed my experience in the emergency department and enjoyed that fast paced and constantly changing environment. This will have huge benefit of my future career in the army as I will often be working with limited resources in a changing and fast paced environment. I will also be working for 4 months in the emergency department in Plymouth in a years' time and to have had this experience prior to this will be of huge benefit. This included X-rays on plain film instead of digitalized as well as re using a large amount of the clinical equipment as opposed to disposing of it in the UK. Another surprise was the regular power cuts that had a huge impact on patient care especially in emergency situations. This gave me a greater appreciation of the medical resources we have in the UK. I thoroughly enjoyed my experience in the emergency department and enjoyed that fast paced and constantly changing environment. This will have huge benefit of my future career in the army as I will often be working with limited resources in a changing and fast paced environment. I will also be working for 4 months in the emergency department in Plymouth in a years' time and to have had this experience prior to this will be of huge benefit.



Orthopedics: I spent my time between the orthopedics OPD (outpatients department) and operating theatres. In the OPD I shadowed the junior doctors and assisted in taking histories and clinical examinations of patients. I was surprised by the number of people who had long term injuries resulting from road traffic accidents. These are frequent due to a lack of infrastructure and a high number of people riding motorcycles without protective equipment. I practiced musculoskeletal examinations such as shoulder and knee exams. In the operating theatres I was mainly watching surgeries but also got the opportunity to help drain an abscess on the hand and irrigate it a few days later. Similarly, to the emergency department I will also be working for 4 months in the orthopedics department in Plymouth. So, to have gained experience in this field before working in this area is invaluable. Also, as a doctor in the Army a large amount of the cases I will see will involve patients

with trauma and orthopedic issues. It was also invaluable as I hope to work as an orthopedic doctor in the future in the Army.

After medical school I will work as a junior doctor in Derriford hospital in Plymouth for 2 years. Then join the Army in 2025 where I will commission from Sandhurst after a 10-week course. Then go on to do a 6-month Army doctor training course in Lichfield. I would like to thank the Worshipful Livery Company of Wales again for the funding you provided which has hugely benefited my future career by exposing me to specialities that I will work in in the future and experience healthcare in a country with limited resources. As well as helping to fund the training of medical students from Rural areas of Nepal.

Harry Hart: I give permission for the Worshipful Livery Company of Wales to use the information and pictures provided to publicise the Company and its Award programme.